

I claim:

1. 1. A fermented probiotic composition for the treatment of obesity, the composition comprising:
  - a.) a mixture of *Lactobacillus bulgaricus* and *Streptococcus thermophilus* lactic acid bacteria; and
  - b.) a carbohydrate containing media, the fermented probiotic composition comprising *Lactobacillus bulgaricus* bacteria and *Streptococcus thermophilus* bacteria in a ratio of about 2:1 to about 9:1 and the number of *Lactobacillus bulgaricus* bacteria per gram ranging from about  $3 \times 10^8$  to about  $2 \times 10^{11}$ .
2. The fermented probiotic composition of claim 1, wherein the ratio of *Lactobacillus bulgaricus* bacteria to *Streptococcus thermophilus* bacteria is about 3:5.
3. The fermented probiotic composition of claim 1, whereby the fermented probiotic composition is in a lyophilized form.
4. The fermented probiotic composition of claim 1, wherein the carbohydrate containing media is a dairy product.
5. The probiotic composition of claim 1, whereby the probiotic composition is a liquid, solid, or semi-solid.
6. The fermented probiotic composition of claim 4, whereby the probiotic composition is a yogurt.

7. The fermented probiotic composition of claim 3, whereby the lyophilized composition is packaged into dosing units, the packaged dosing units being at least one form chosen from packets, capsules, tablets, or caplets.

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